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| **Baked pumpkin frittata**  Serves: 24 – 30 tastes  Source: Adapted from, bestrecipes.com.au | |
| **Ingredients**  Olive oil spray  1kg pumpkin, peeled and cubed into 1cm dice  1teaspoon olive oil  1 brown onion, peeled and sliced  I medium zucchini, grated, excess water squeezed out  3 tablespoons fresh mixed herbs, chopped  2 tablespoons plain flour  6 eggs  ½ cup cream  ½ cup grated tasty cheese, grated  50 grams feta cheese – crumbled  Salt and pepper to taste | **Equipment**  Peelers  Chopping board  Grater  Knives  Measuring scales  Measuring spoons and cups  Mixing bowl  Whisk  Saucepan & steamer  Fry pan  Wooden spoon  6 x ramekins |
| **What to do:**   * Pre heat oven to 180 degrees * Lightly oil 6 ramekins with olive oil spray * Prepare pumpkin and steam for 10-12 minutes – or until tender * In a fry pan over medium heat, cook the onion until translucent with the 1 teaspoon of olive oil, cool * In a mixing bowl, crack the eggs, and whisk to combine * Add the mixed herbs, cream, flour, onions, zucchini and cheeses and combine * Add salt and pepper to taste * Divide the pumpkin and evenly between the ramekins * Pour over the egg mixture * Place the ramekins on a baking tray and cook until set – about 20 minutes * Serve | |